



BROOKLYN_BORN

[Change Banner Image](#)**154,963**
SparkPoints

Info



Photos



Feed



Blogs



Awards

More



“You have nice legs” said the nursing home resident.

Tuesday, September 16, 2014

Several times a month my status reads “Brooklyn_Born is singing at a nursing home this morning.”

A Spark Friend blogged today that she was beginning to volunteer at an old folks home. So I thought I would share this story.

A few members of our church visit 3 different homes a few times during the month and hold a service of prayer and song. Afterwards we talk to the residents and over time have come to know them.

One lady told me “You have nice legs.”

This was a comment that I’ve never heard not even when I was much younger and weighed 120 lbs. My legs were always big and strong, at least compared to the rest of me.

I thanked her for the unexpected compliment and her friend continued. “Yes,” she said, “NO VERICOSE VEINS!”

So you see, it's all in your perspective and visiting nursing homes really helps to put things in perspective.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post

**PUGLOVER1999**

PS: I think it is great that you pray and sing with / for the people in the nursing home!
2450 days ago

**PUGLOVER1999**

I LOVED this! I hope she helped you see more of your own beauty!



THANK YOU!

2450 days ago

**REBESANCON**

I work in an assisted living facility, and this is so true! Many of the resident I serve have taught me valuable lessons in how to live gracefully - no matter where you are on the spectrum of life.
2457 days ago





CD13376265
Thanks for the chuckle!
2458 days ago

v



CD5500762



2459 days ago

v



MARYJEANSL
That so made me laugh! As you say, it's all in your perspective.
2460 days ago

v



PHEBESS
Oh that is too funny!!!!!! I love it!!!
2460 days ago

v




WATERMELLEN
Just loved this!! And: you have beautiful legs, I'm sure of it -- well exercised and attached to a beautiful person, inside and out!!
2460 days ago

v



CD4114015
What a wonderful story indeed...it's always the LITTLE/BIG things that mean the most...and

indeed, if you have NO varicose veins (I DO) then you DO have nice legs!  and you ROCK for visiting the old folks!
2460 days ago

v



DR1939
I had a masseuse exclaim "you have strong legs!" Perhaps my best compliment ever. BTW, I was 70 at the time.
2460 days ago

v



PMRUNNER
Too funny! Sometimes when we look at ourselves we overlook the positive and only see the negative. It is nice when someone recognizes the positive and chooses to share.
2460 days ago

v



SUBMOM2
I love this! Yes, it's all about perspective....

2460 days ago

v



PHOENIX1949



2460 days ago

v



LINDAKAY228
When I was a service coordinator I visited elderly and disabled in their homes and also had a number of clients in 2 nursing homes. They can certainly give us a different perspective! Awesome that you are doing that! To many have nobody who really cares about them. Some have good family support but not all.
2460 days ago

v



WILSONWR
I bet the original person was talking about your toned legs, but you're right - everything is a matter of perspective. It's great that you are doing that type of work in the nursing homes.
2460 days ago

v



LEWILL1982
Haha, that's awesome! I wouldn't get that compliment -lots of varicose veins on my legs!
2460 days ago

v



DENNIS2014
Your perspective is your reality.



v

2460 days ago



KELLIEBEAN

How sweet!

v

I think that is great that you sing at nursing homes. You are inspirational in many ways!

2460 days ago



ONEKIDSMOM



LOL So, so true. Perspective is everything!

v

2460 days ago



MISCHAKEO

I am sure you do have lovely toned legs from all of your running! However, age does give us different perspectives. I think it is great that you are singing in the nursing homes and meeting the people there. I am sure you are bringing joy to their lives!

v

2460 days ago

Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.